

and relax in all its curves—its proper curves; stretches the abdomen and keeps it from slumping.

Of all things, slumping is the ugliest and most injurious to health.

To walk correctly assume the correct standing position and swing the legs from the hip.

Notice the graceful carriage of foreign women in this country who retain the custom of carrying burdens on their heads. If you are not in position to see them, put book, cushion or bag on your head and notice in a mirror your own graceful carriage as you walk about.

Acquire the habit of full breathing. Upon waking in the morning spend three or four minutes taking long, slow breaths. In open air breathe deeply until deep breathing comes naturally.

And don't, in the name of Venus, be a "slumper."

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### LOCKJAW

Lockjaw is usually the result of carrying deep into the wound the spores of a specific micro-organism or germ, commonly found in garden earth, particularly in soil that has been well manured.

Lockjaw develops particularly in

ragged, torn wounds, with which dirt has been ground, and sometimes in deep, punctured wounds, such as are made by nails.

The danger of the rusty nail is proverbial, but it is not the rust (oxide of iron) that is dangerous, but the fact that the nail may have been lying in the soil for some time and so be contaminated with tetanus spores.

These spores are not uncommon contaminants of the skin of the hands, but in this location they are harmless unless driven beneath the surface. A peculiarity of this germ is that it flourishes only in the absence of oxygen. Therefore, when driven beneath the skin, air containing oxygen is not available, and this, together with the darkness and warmth affords all the conditions favorable to its growth and multiplication.

In its growth it gives off one of the most powerful and deadly poisons known to man, known scientifically as tetanus toxine.

The vacationist who suffers a wound should remember lockjaw can be prevented by proper treatment, but is almost never cured once it has developed. It is safer to have a physician treat wounds as soon as possible.

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## FOR SEPTEMBER BRIDES

BY BETTY BROWN

If it were not for a war wedding I would not be able to show you this advanced model in autumn wedding gowns.

This demure little bride who had "everything planned for a fall wedding" is the bride of Capt. Richard Dunne and the daughter-in-law of Gov. Edward F. Dunne of Illinois. Her wedding took place the day after the national guards were ordered to Mexico.

Her wedding gown is made of white satin and tulle. Its distinctive feature is the panniered skirt, and these panniers, modistes tell me, will

be used on many autumn wedding gowns.

Filmy white tulle gathered full at the waist line veils the panniers and falls in irregular folds to the edge of the skirt. The skirt is gathered in 1830 style to the short-waisted bodice, which is finished with deep reverses cut low enough to show an underbodice of fluted tulle.

The long sleeves of tulle are gathered closer than the usual *mosquitaire*. Pearls and crystal beads form sunbursts at the bottom of the skirt and on the bodice.

The skirt is short—the long-skirted bride is no longer with us.